Northwest District and Junior District YMCA Swimming Championships

MEET ANNOUNCEMENT

About the Championship

Date: March 6-8, 2020

Location: Kishwaukee Family YMCA

Entry Deadline: Tuesday, March 3rd ,2020

Hosted by: DCST Big Dogs & RRV Stingrays

Meet Director: Matt Anderson

Web Site: www.DCST.org

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the [ISI] of USA Swimming.

YMCA Sanction number: CAQ-2019-IL11123721
USA-S/[IL] Approval number: ILS0326-20A

ADJUSTMENTS TO THE MEET ANNOUCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

WARM-UP SCHEDULE

DAY	12 and under	21 and under
Friday		**Warm-ups will start at 5:00 p.m. and end at 5:45 p.m. The 1st heat will start at 6:00 p.m.**
Saturday	**Warm - ups will start at 6:00 a.m. There will be four twenty minute warm-up sessions. Parade will start at 7:40 a.m. and the meet will start at 8:00 a.m.**	**Warm-ups TBD but not before 11:45 a.m. There will be three twenty five minute warm-up sessions and the meet will start not before 1:30 p.m.**
Sunday	**Warm - ups will start at 6:00 a.m. There will be four twenty minute warm-up sessions. The meet will start at 7:45 a.m.**	**Warm-ups TBD but not before 11:15 a.m. There will be three twenty five minute warm-up sessions and the meet will start not before 1:15 p.m.**

LOCATION AND FACILITY

Location: Kishwaukee Family YMCA, 2500 Bethany Rd, Sycamore, Illinois 60178

The Kishwaukee YMCA has an 8 lane 25 yard competition pool with starting blocks in 7 feet of water at both ends. There will be some 25-yard lanes available in an additional pool for warm-up and warm-down during the meet. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager.

Spectator seating is at pool deck level and has a seating capacity of 700. Swimmers WILL NOT be allowed in the spectator area during the meet. Spectator chairs WILL NOT be allowed in the pool area. Spectators WILL NOT be allowed to save seats and should vacate the spectator area when their swimmer is done so others can come in to watch their swimmer. Spectators will not be allowed to stand in the door ways and will not be allowed in the locker rooms during the meet.

WEB SITE

Meet Information can be found at:www.DCST.org under the DCST Hosted Meet tab

Online Meet Results: Meet Mobile will be used for results

CONTACT INFORMATION

Meet Director: Matt Anderson: Manderson@kishymca.org - 815-375-5399

Entry Chairperson: Joshua Norek: Jnorek@kishymca.org – 815-375-5399

Meet Referee: Sharon Anderson

Administrative Official: Paula Hastings

Officials Coordinator: Paula Hastings

Safety Director: Thomas Slater

MEET TIMELINE:

DAY	DATE	EVENT	TIME	
PRE-MEET IMPORTANT DATES AND TIMES				
Mon.	2/3/2020	Entries open	Noon	
Tue.	3/3/2020	Entries due	Noon	
Wed.	3/4/2020	Psych Sheet posted	Noon	
Wed.	3/4/2020	Warm-up and Timing Assignments posted	6:00 p.m.	
Thu.	3/5/2020	Scratch Deadline	Noon	
Thu.	3/5/2020	Heat sheet posted	6:00 p.m.	
MEET DAY ONE				
Fri.	3/6/2020	Warm-ups for the 1650 free	5:00 - 5:45 p.m.	F
Fri.	3/6/2020	Officials meeting	5:30 p.m.	R
Fri.	3/6/2020	Timers meeting	5:45 p.m.	I
Fri.	3/6/2020	Session 1 starts	6:00 p.m.	D
Fri.	3/6/2020	Session 1 ends (approx.)	7:20 p.m.	A
Fri.	3/6/2020	NW Districts Coaches meeting (Conference Rm.)	7:30 p.m.	Y
MEET DAY TWO – SESSION 2				
Sat.	3/7/2020	Warm-ups AM session 2	6:00 - 7:20 a.m.	S
Sat.	3/7/2020	Additional scratches and relay sheets are due	7:00 a.m.	A
Sat.	3/7/2020	Officials meeting	7:00 a.m.	T
Sat.	3/7/2020	Coaches meeting	7:15 a.m.	
Sat.	3/7/2020	Timers meeting	7:30 a.m.	A

Sat.	3/7/2020	Parade of Athletes	7:40 - 7:55 a.m.	M
Sat.	3/7/2020	National Anthem	7:55 a.m.	
Sat.	3/7/2020	Session 2 starts	8:00 a.m.	
Sat.	3/7/2020	Session 2 ends (approx.)	11:45 a.m.	
MEET DAY TWO – SESSION 3				
Sat.	3/7/2020	Warm-ups for PM session 3	11:50 - 1:20 p.m.	S
Sat.	3/7/2020	Additional scratches and relay sheets are due	12:15 p.m.	A
Sat.	3/7/2020	Officials meeting	12:30 p.m.	T
Sat.	3/7/2020	Timers meeting	1:00 p.m.	
Sat.	3/7/2020	Pledge	1:30 p.m.	P
Sat.	3/7/2020	Session 3 starts	1:40 p.m.	M
Sat.	3/7/2020	Session 3 ends (approx)	6:00 p.m.	
MEET DAY THREE – SESSION 4				
Sun.	3/8/2020	Warm-ups AM session 4	6:00 - 7:20 a.m.	
Sun.	3/8/2020	8 and under dives	7:25 - 7:35 a.m.	S
Sun.	3/8/2020	Additional scratches and relay sheets are due	7:00 a.m.	U
Sun.	3/8/2020	Officials meeting	7:00 a.m.	N
Sun.	3/8/2020	Timers meeting	7:30 a.m.	
Sun.	3/8/2020	National Anthem	7:40 a.m.	A

Sun.	3/8/2020	Session 4 starts	7:45 a.m.	M
Sun.	3/8/2020	Session 4 ends (approx.)	11:00 p.m.	
Sun.	3/8/2020	Awards presentations	11:15 p.m.	
MEET DAY THREE – SESSION 5				
Sun.	3/8/2020	Warm-ups for PM session 5	11:15 - 12:45 p.m.	
Sun.	3/8/2020	Additional scratches and relay sheets are due	11:45 a.m.	S
Sun.	3/8/2020	Officials meeting	12:00 p.m.	U
Sun.	3/8/2020	Timers meeting	12:30 p.m.	N
Sun.	3/8/2020	Senior Recognition	12:55 p.m.	
Sun.	3/8/2020	Pledge	1:15 p.m.	P
Sun.	3/8/2020	Session 5 starts	1:20 p.m.	M
Sun.	3/8/2020	Session 5 ends (approx.)	6:10 p.m.	
Sun.	3/8/2020	Awards Presentations	6:25 p.m.	

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An may not be older than twenty-one (21) years of age on the first day of the meet. A swimmers age on March 6, 2020 will determine their age for the rest of the meet.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of [3] closed YMCA inter-association meets since September 1 of the current season. The only exception will be for high school aged swimmers who competed for their inter-scholastic team. These athletes must have competed in at least [2] closed YMCA inter-association meets in the time allotted.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of March 1, 2018 and the entry deadline.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will

not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS:

Entry limits by age : 10 and under – 5 individual events for the meet.

11 to 21– 3 individual events per day (6 total)

QUALIFICATION PERIOD: The qualification period is from March 1, 2019 through the entry deadline of Tuesday, March 3, 2020 by 12:00 p.m.

USA-S IDs : Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES:. No Times (NT) are not allowed in any District event, NT entry is allowed in Junior Districts only. Submit entry times in SCY. Entered times should be the swimmer's BEST time achieved during the qualifying period. Swimmers, ages 12 and younger, entering an individual event with no time standard (14 and over events) must have achieved the 12 and under qualifying time in the longest distance of that stroke offered in the meet in order to be allowed to enter this event.

ENTRY FEES: $4.50 per individual event, $18 per relay entry, and a swimmer surcharge of $12

OTHER : Each team will fill out the sheet that will list their graduating seniors who will be recognized on Sunday, March 8th before the p.m. session (session 5) starts.

ENTRY DEADLINE: ALL entries will be due by 12:00 p.m. on Tuesday, March 3rd to the Entry Chairperson. ALL scratches will be due by Thursday, March 5th by noon (12:00 p.m.) to the Entry Chairperson.

ENTRY PROCEDURE: ALL entries are to be submitted on the meet event file, that will be sent to each teams Head Coach, from the meet host. These should be sent to Jnorek@Kishymca.org

E-mail or mail the following by Thursday, March 5th : Team summary, release form, entry fees, and the USA membership roster from the team portal for those teams who have swimmers registered with US Swimming.

ENTRY CHECKIST:

1. Files e-mailed to entry chair by Tuesday, March 5th by 12:00 P.M.
2. Meet Declaration Form to entry chair by Sunday, February 16th.
3. Team Summary, Release Form, and USS paperwork .
4. Entry fees and swimmer surcharge payments.

PAYMENT: Payment will be accepted by check, from the YMCA sending the check, or by credit card (from a YMCA corporate account) for the full amount. Checks should be made out to DCST. Send to Kishwaukee Family YMCA attention: Joshua Norek, 2500 Bethany Rd, Sycamore, IL 60178.

OVER-SUBSCRIPTION: If an athlete is entered in too many events, and the coach does not scratch them, by the scratch deadline, they will be scratched from their last event(s) until the correct number is reached.

The psych sheet will be posted (and sent) by 12:00 p.m. on Wednesday, March 4th on the host website. Scratches will be due by 12:00 p.m. on Thursday, March 5th. Scratches must be e-mailed to the entry chair and must include the following information:

1. Swim Team information: Team name, team code, Coach
2. Swimmer info: Full name (last,first, MI), event #, name and time.
3. Name and club position of person submitting the scratches.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: There will be a need for both YMCA Level I and Level II as well as Administrative Officials for all three (3) days of the meet. All officials are strongly encouraged to sign up for the meet.

Questions about officiating at the meet should be directed to Sharon Anderson.

SIGN-UP PROCEDURE: Officials wishing to work the meet should contact Sharon Anderson**.**

All other volunteers and timers should report to their positions as indicated. This is handled by each team once they find out their responsibilities.

BACKGROUND CHECK POLICY: Only individuals with the proper "meet credentials" will be allowed access to the deck.

ATTIRE: This will be communicated to all officials, by the Meet Referee, at a later date.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Teams will be directed to their team area in the YMCA facility. All officials will be directed to the pool area as will the coaches. The host Head Coach will provide each Head Coach a team packet that will contain heat sheets, check-in sheets, etc.

EVENT CHECK-IN: Since the meet has a Thursday scratch deadline and will then be seeded there is no event check-in. Athletes will show up to their assigned heat and lane. The only exception will be the 8 & Under swimmers who will report to the bull pen where they will be escorted to their lanes.

COACHES MEETING/SCRATCH MEETING: There will be a Coaches meeting on Saturday morning, March 7th at 7:15 a.m. This will occur before the event starts. This will be the only Coaches meeting unless something comes up warranting another meeting. If this occurs teams will be contacted personally.

OFFICIALS AND TIMERS MEETING: There will be an Officials meeting at least 30 minutes prior to the start of every session. There will be a timers meeting at least 15 minutes prior to the start of every session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and 3 coaches chosen at the Coaches meeting.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of the first day of the meet, March 6, 2020.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 21 and under 1650 freestyle which will be swum fastest to slowest starting with the girls fastest heat and alternating genders to the conclusion. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

Teams are only allowed to warm up during the times designated for their team and in the lanes assigned to that team.

READY BENCH: No ready bench will be used as this is a Timed Final event. There will be a 'bull-pen" for the 8 & Under swimmers ONLY.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun. This process will not be used during the 8 and under 25 yard events.

SWIM-OFFS: There will be no swim-offs as this is a Timed Final event. In case of a tie the points will be split between the two teams that are affected.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, in designated areas throughout the Y, and the final results will be sent to each Head Coach, along with a backup, within 24 hours after the conclusion of the meet.

PROTEST PROCEDURE: Protests may only be initiated by a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for

changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.

- Glass and food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- Only coaches, officials, and workers with the proper credentials will be allowed on the pool deck. All swimmers are to be in their designated team area unless they are talking to their coach after the conclusion of their race or are getting ready for the race that is being competed.
- ALL YMCA offices and the Fitness Center are off limits to everyone accept for YMCA employees.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

AWARDS AND RECOGNITION

SCORING: The 16 place scoring system will be used for both individual and relay events.

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Junior District events will not be scored.

AWARDS:

District Awards (1st-8th). The top 8 in ALL events will be presented on the awards podium. **District Awards (9th-16th) and Junior District Awards (1st-16th)** these awards will be placed in a team container and picked up by the team coach or representative at the conclusion of the meet. NO unclaimed awards will be mailed out by the host team.

Team awards will be given to the top 3 teams combined, the top 3 girl's teams, the top 3 boy's teams, and the top 3 teams in each of the individual age categories. These will be handed out at the conclusion of the Sunday sessions.

RECOGNITIONS: Senior recognition will be on Sunday, March 8th between the conclusion of warm ups and the start of session 5.

TIME TRIALS

There will be NO Time Trials at this meet.

SPECTATORS

ADMISSION FEE: None. Covered in the swimmer surcharge

CONCESSION STAND: A concession stand will be open from 6:00 a.m. to 5:00 p.m. on Saturday and Sunday of the meet.

ATHLETE APPAREL: There will be a vendor present. They will be located in the main gym.

SEAT SAVING POLICY: There will be a **NO** seat saving policy in force. Spectators refusing to honor this will be invited to leave.

HANDICAP SEATING: There are designated locations in the spectator area where chairs can be placed.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area. Stadium seats and wheelchairs are the exception.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

- Spectators are not permitted on deck, unless working and wearing the proper credentials.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- ALL YMCA offices and the Fitness Center will be off-limits.
- Small coolers may be brought into a teams designated team area ONLY.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/[IL] approval, it is understood and agreed that USA Swimming and Illinois Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- There will be a facility waiver sent to each team ahead of time. This form must be filled out entirely and presented to the Safety Coordinator before teams will be allowed to compete.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: At the direction of the lifeguards and safety staff present at the meet

DIRECTIONS

From the South, East or West Exit I – 88 at the Peace Road Exit. Take Peace Road North to Bethany Road West (or left). The YMCA is located about a mile and a half down on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577.

From the North Take 23 South to Bethany Road West (or right). The YMCA is located on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577

LODGING

Country Inn & Suites
1450 S. Peace Road
Sycamore, IL 60178
815 – 895 – 8686
www.countryinns.com

Holiday Inn Express
1935 DeKalb Ave.
Sycamore, IL 60178
815 – 748 – 7400
www.hiexpress.com

Quality Inn
1475 S. Peace Road
Sycamore, IL 60178
815 – 895 - 4979
www.choicehotels.com

Baymont Inn & Suites
1314 W. Lincoln Hwy
DeKalb, IL 60115
815 – 748 – 7100
www.baymontinnscom

Hampton Inn
663 S. Annie Glidden Road
DeKalb, IL 60115
815 – 748 - 4323
www.hampton.com

PARKING

Parking is available in the YMCA parking lot and along Health Services Drive. Do not park in the parking lots of other businesses adjacent to the YMCA. Individuals parking in lots not designated for the swim meet will be towed.

APPENDIX 1: ORDER OF EVENTS

Friday, March 6, 2020 - Session 1			
GIRLS EVENT #	DIST. / JR. DIST.	EVENT	BOYS EVENT #
101	District	21 and under 1650 freestyle	102

Saturday, March 7, 2020 - Session 2			
GIRLS EVENT #	DIST. / JR. DIST.	EVENT	BOYS EVENT #
	Jr. District	12 and under 200 yard IM	201
	District	12 and under 200 yard IM	202
203	Jr. District	10 and under 200 yard freestyle	204
205	District	10 and under 200 yard freestyle	206
207	Jr. District	6 and under 25 yard backstroke	208
209	Jr. District	8 and under 25 yard backstroke	210
211	District	8 and under 25 yard backstroke	212
	Jr. District	12 and under 50 yard backstroke	213
	District	12 and under 50 yard backstroke	214
215	Jr. District	10 and under 50 yard backstroke	216
217	District	10 and under 50 yard backstroke	218
219	Jr. District	8 and under 100 yard IM	220
221	District	8 and under 100 yard IM	222
	Jr. District	12 and under 100 yard freestyle	223
	District	12 and under 100 yard freestyle	224
225	Jr. District	10 and under 100 yard IM	226
227	District	10 and under 100 yard IM	228
229	Jr. District	6 and under 25 yard freestyle	230
231	Jr. District	8 and under 25 yard freestyle	232
233	District	8 and under 25 yard freestyle	234
	Jr. District	12 and under 50 yard butterfly	235
	District	12 and under 50 yard butterfly	236
237	Jr. District	10 and under 50 yard freestyle	238
239	District	10 and under 50 yard freestyle	240
241	District	8 and under 100 yard Medley Relay	242
	District	12 and under 200 yard Medley Relay	243
244	District	10 and under 200 yard Medley Relay	245
	District	12 and under 100 yard breaststroke	246

Saturday, March 7, 2020 - Session 3

GIRLS EVENT #	DIST. / JR. DIST.	EVENT	BOYS EVENT #
301	District	21 and under 400 yard Freestyle Relay	302
303	Jr. District	12 and under 200 yard IM	
304	District	12 and under 200 yard IM	
305	District	21 and under 400 yard IM	306
307	Jr. District	12 and under 50 yard backstroke	
308	District	12 and under 50 yard backstroke	
309	District	14 and under 100 yard freestyle	310
311	District	21 and under 100 yard freestyle	312
313	Jr. District	12 and under 100 yard freestyle	
314	District	12 and under 100 yard freestyle	
315	District	21 and under 200 yard backstroke	316
317	District	14 and under 100 yard breaststroke	318
319	District	21 and under 100 yard breaststroke	320
321	District	12 and under 200 yard Medley Relay	
322	District	14 and under 100 Medley Relay	323
324	District	21 and under 200 yard Medley Relay	325
326	Jr. District	12 and under 50 yard butterfly	
327	District	12 and under 50 yard butterfly	
328	District	14 and under 100 yard butterfly	329
330	District	21 and under 100 yard butterfly	331
332	District	12 and under 100 breaststroke	
333	District	14 and under 200 yard freestyle	334
335	District	21 and under 200 yard freestyle	336

Sunday, March 8, 2020 - Session 4

GIRLS EVENT #	DIST. / JR. DIST.	EVENT	BOYS EVENT #
	Jr. District	12 and under 200 yard freestyle	401
	District	12 and under 200 yard freestyle	402
403	Jr. District	10 and under 200 yard IM	404
405	District	10 and under 200 yard IM	406
407	Jr. District	6 and under 50 yard freestyle	408
409	Jr. District	8 and under 50 yard freestyle	410
411	District	8 and under 50 yard freestyle	412
	Jr. District	12 and under 50 yard freestyle	413
	District	12 and under 50 yard freestyle	414
415	Jr. District	10 and under 100 yard freestyle	416
417	District	10 and under 100 yard freestyle	418
419	Jr. District	6 and under 25 yard butterfly	420
421	Jr. District	8 and under 25 yard butterfly	422
423	District	8 and under 25 yard butterfly	424
	District	12 and under 100 yard butterfly	425
426	Jr. District	10 and under 50 yard butterfly	427
428	District	10 and under 50 yard butterfly	429
430	Jr. District	6 and under 25 yard breaststroke	431
432	Jr. District	8 and under 25 yard breaststroke	433
434	District	8 and under 25 yard breaststroke	435
	Jr. District	12 and under 50 yard breaststroke	436
	District	12 and under 50 yard breaststroke	437
438	Jr. District	10 and under 50 yard breaststroke	439
440	District	10 and under 50 yard breaststroke	441
442	District	8 and under 100 yard Freestyle Relay	443
	District	12 and under 200 Freestyle Relay	444
445	District	10 and under 200 yard Freestyle Relay	446
	District	12 and under 100 yard backstroke	447

Sunday, March 8, 2020 - Session 5

GIRLS EVENT #	DIST. / JR. DIST.	EVENT	BOYS EVENT #
501	District	21 and under 400 yard Medley Relay	502
503	Jr. District	12 and under 200 yard freestyle	
504	District	12 and under 200 yard freestyle	
505	District	21 and under 100 yard backstroke	506
507	District	14 and under 100 yard backstroke	508
509	District	21 and under 200 yard butterfly	510
511	Jr. District	12 and under 50 yard freestyle	
512	District	12 and under 50 yard freestyle	
513	District	14 and under 50 yard freestyle	514
515	District	21 and under 50 yard freestyle	516
517	District	12 and under 100 yard butterfly	
518	District	21 and under 200 yard Freestyle Relay	519
520	District	14 and under 200 Freestyle Relay	521
522	District	12 and under 200 yard Freestyle Relay	
523	District	21 and under 200 yard breaststroke	524
525	Jr. District	12 and under 50 yard breaststroke	
526	District	12 and under 50 yard breaststroke	
527	District	14 and under 200 yard IM	528
529	District	21 and under 200 yard IM	530
531	District	12 and under 100 yard backstroke	
532	District	14 and under 500 yard freestyle	533
534	District	21 and under 500 yard freestyle	535

APPENDIX 2: YMCA Time Standards

2020 NORTHWEST DISTRICT, IL YMCA STATE, AND YMCA NATIONAL TIME STANDARDS

25 Yard Course

GIRLS				BOYS		
Y STATE		NW DISTRICT	8 & UNDER	NW DISTRICT		Y STATE
0:18.19		0:21.89	25 Freestyle	0:22.09		0:18.39
0:41.69		0:52.19	50 Freestyle	0:52.79		0:42.19
0:21.99		0:26.39	25 Backstroke	0:26.79		0:22.29
0:25.89		0:32.39	25 Breaststroke	0:32.89		0:26.29
0:22.09		0:27.69	25 Butterfly	0:28.69		0:22.89
1:50.49		2:18.19	100 Individual Medley	2:17.69		1:50.09
1:22.29		One Team	100 Freestyle Relay	One Team		1:36.69
1:36.09		One Team	100 Medley Relay	One Team		1:50.69
Y STATE		NW DISTRICT	10 & UNDER	NW DISTRICT		Y STATE
0:33.49		0:38.59	50 Freestyle	0:38.89		0:33.79
1:16.09		1:31.39	100 Freestyle	1:32.39		1:16.99
2:54.39		3:29.29	200 Freestyle	3:30.79		2:55.59
0:39.39		0:45.39	50 Backstroke	0:46.19		0:40.09
0:45.59		0:54.79	50 Breaststroke	0:56.09		0:46.69
0:39.39		0:47.29	50 Butterfly	0:48.79		0:40.59
1:26.69		1:44.09	100 Individual Medley	1:46.39		1:28.59
3:20.39		4:00.49	200 Individual Medley	4:06.79		3:25.59
2:24.39		One Team	200 Freestyle Relay	One Team		2:38.69
2:47.49		One Team	200 Medley Relay	One Team		2:57.99
Y NATS	Y STATE	NW DISTRICT	12 & UNDER	NW DISTRICT	Y STATE	Y NATS
0:24.69	0:29.09	0:33.49	50 Freestyle	0:33.49	0:29.09	0:22.09
0:53.39	1:04.89	1:17.89	100 Freestyle	1:18.49	1:05.39	0:48.19
1:55.39	2:24.49	2:53.39	200 Freestyle	2:53.39	2:24.49	1:45.19
5:07.69	6:29.09	7:46.99	500 Freestyle	7:54.29	6:35.19	4:45.49
-	0:34.39	0:39.59	50 Backstroke	0:40.19	0:34.89	-
0:59.09	1:15.99	1:31.19	100 Backstroke	1:31.69	1:16.39	0:53.89
-	0:39.49	0:47.39	50 Breaststroke	0:47.99	0:39.99	-
1:07.89	1:27.19	1:44.63	100 Breaststroke	1:46.49	1:28.69	1:00.89
-	0:32.79	0:39.39	50 Butterfly	0:39.99	0:33.29	-
0:58.69	1:19.29	1:35.19	100 Butterfly	1:37.19	1:20.99	0:52.79
2:09.79	2:44.19	3:17.09	200 Individual Medley	3:19.39	2:46.09	1:57.79
1:39.69	2:11.19	One Team	200 Freestyle Relay	One Team	2:16.19	1:29.49
1:50.99	2:29.09	One Team	200 Medley Relay	One Team	2:34.09	1:39.79
Y NATS		Y STATE	14 & UNDER	Y STATE		Y NATS
0:24.69		0:27.29	50 Freestyle	0:25.89		0:22.09
0:53.39		0:59.49	100 Freestyle	0:57.09		0:48.19
1:55.39		2:10.39	200 Freestyle	2:06.59		1:45.19
5:07.69		5:56.49	500 Freestyle	5:58.49		4:45.49
0:59.09		1:08.59	100 Backstroke	1:06.79		0:53.89
1:07.89		1:19.09	100 Breaststroke	1:16.19		1:00.89
0:58.69		1:08.79	100 Butterfly	1:06.99		0:52.79
2:09.79		2:28.29	200 Individual Medley	2:24.89		1:57.79
1:39.69		2:01.28	200 Freestyle Relay	1:59.49		1:29.49
1:50.99		2:18.29	200 Medley Relay	2:18.79		1:39.79
Y NATS		Y STATE	21 & UNDER	Y STATE		Y NATS
0:24.69		0:26.19	50 Freestyle	0:23.29		0:22.09
0:53.39		0:56.99	100 Freestyle	0:51.09		0:48.19
1:55.39		2:04.49	200 Freestyle	1:54.69		1:45.19
5:07.69		5:40.09	500 Freestyle	5:19.49		4:45.49
17:32.99		20:42.63	1650 Freestyle	19:51.79		16:22.99
0:59.09		1:04.99	100 Backstroke	0:59.79		0:53.89
2:07.29		2:19.29	200 Backstroke	2:12.09		1:56.59
1:07.89		1:15.69	100 Breaststroke	1:07.89		1:00.89
2:27.59		2:41.89	200 Breaststroke	2:32.79		2:12.69
0:58.69		1:04.49	100 Butterfly	0:58.39		0:52.79
2:10.79		2:28.39	200 Butterfly	2:21.49		1:57.79
2:09.79		2:22.29	200 Individual Medley	2:10.09		1:57.79
4:36.59		5:04.79	400 Individual Medley	4:50.99		4:14.99
1:39.69		1:56.59	200 Freestyle Relay	1:45.99		1:29.49
3:35.59		4:37.89	400 Freestyle Relay	4:18.56		3:13.89
1:50.99		2:14.59	200 Medley Relay	2:01.89		1:39.79
4:00.39		5:18.29	400 Medley Relay	4:58.39		3:37.19

QUALIFYING PERIOD IS MARCH 1, 2019 THOUGH THE ENTRY DEADLINE

APPENDIX 3: YMCA Sanctioned Meet Declaration Form

***(Note:** Return signed Declaration form to the meet director by Sunday, February 16th)*

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2020 Northwest District and Junior District YMCA Swimming Championships.

Meet Date(s): March 6 – 8, 2020

Meet Host: Kishwaukee Family YMCA

Meet Location: 2500 Bethany Rd., Sycamore, Illinois 60178

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2019 Northwest District and Junior District YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of $1,000,000/$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2019 Northwest District and Junior District YMCA Swimming Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the Illinois Valley YMCA their agents, representatives or assigns, and for any and all injuries which may be suffered by participants at the 2019 Northwest District and Junior District YMCA Swimming Championships Furthermore, we understand that the Illinois Valley YMCA is not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

_____ _____

Name and Signature of Head Coach

_____ _____

Name and Signature of YMCA Executive Director or Designee